

Appendix

The following are some general tips to follow when providing nutrition education to a WIC participant.

1. PRAISE the participant or endorser about the good points in the participant's diet.

Here are a few ways to show praise...

- PRAISE their intake of food groups for which the intake was adequate or almost adequate. *"You are doing a great job of providing dairy products to your child; she needs at least 6 servings and she had 5 ½ yesterday."*
- PRAISE appropriate food choices. *"That's great you offer juice to your baby in a cup!"*
- PRAISE variety. *"Do you realize you ate 5 different types of vegetables yesterday? That's really commendable!"*
- PRAISE home preparation of food. *"It is really great to see that you took the time to prepare your family such a healthy soup!"*

2. Probe for more information regarding the food group(s) that are inadequate.

- Ask if the recall differs from a typical day.
- Find out what the participant or endorser knows about the inadequate food group.
- Ask what foods are liked from the inadequate group.
- Ask about barriers to serving the inadequate group.

3. Identify areas where the participant needs to improve.

- Select the inadequate food group that appears to be:
 - most inadequate
 - most likely to lead to nutritional problems
 - the one that the participant or endorser is most willing to work on
- Select 1-2 areas to highlight and work on.
- Do not suggest too many changes. Suggesting too many changes at once will probably mean that nothing will change.
- Watch for excesses as well as deficiencies. It may be appropriate to work on food groups (especially the foods in the pyramid's "other" group) when a participant is consuming too many servings from that group.

4. Explain the importance of the foods in the inadequate group.

- Emphasize food instead of nutrients. *"Your child needs more cheese, yogurt and milk, foods that are high in calcium"* rather than *"Your child needs more calcium"*.
- Describe benefits of consuming the foods or changing a behavior. *"Nutrients, like iron, which is found in meat and beans, are important for your child to be able to do well in school"*.

5. Offer simple suggestions using the Food Guide Pyramid.

- Emphasize WIC foods to help the participant to eat adequately. *"The beans you get with your WIC checks are an excellent source of iron. The iron will help your blood get back to normal so you will not feel so tired"*.
- Brainstorm with the participant to get a list of suggestions. BE CREATIVE.
- Use the Food Guide Pyramid. *"Which of these foods in the Meat Group would your child eat more of?"*
- Sometimes food behavior changes are the best way to bring about food consumption changes. For example getting a child to eat the table may be the best way to get them to eat vegetables.